THE WIDDOWES *Treasure.*

Plentifully furnished with sundry precious and approued secrets in Phisicke and Chirurgery, for the health and pleasure of Mankinde.

Heereunto are adioyned, sundry prittie practises and conclusions of Cookerie, *vvith many profitable and wholesome Medicines for sundry diseases in Cattle.*

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BRITISH MUSEUM

To the Courteous Reader.

THis Pamphlet beeing written (not many yeeres paſt as it ſhoulde ſeeme) at the earneſt requeſt and ſute of a Gentlewoman in the Countrey for her priuate vſe, which by theſe ſinguler practiſes hath obtained ſuch fame, that her name ſhall be remembred for euer to the poſterity. The originall Copie (by great chaunce) was lent me by an eſpeciall friend of mine, in the peruſing whereof I founde it ſo furniſhed with ſuch rare experiments and prittie conceites, as the like are not to my knowledge extant in the Engliſh tongue. I thought it my dutie for the health and pleaſure of many my friendes, to ſet them forth to the view of the worlde, to bee practiſed, eſpeciallie of thoſe that take delight in ſuch matter, or hath any occaſion through theyr defectes to vſe them for their healthes ſake. This I dare

presume to report of the worke, that there are heerein included very many secrets, that I knowe by the Widdowes owne practise, to bee most singuler & approued, & though perhaps they are not orderly sette downe as many of better skill might haue done, I desire you to consider that this was of the collection of such a one as neuer once thought to haue made them common, but onely to his good friend M. R.

This caueat she also giueth by the way, to reade them aduisedly & practise with discretion, and as you finde cōmende: and so with all humilitie concluding, I dedicate vnto you this her Treasure and chiefe Iewell, desiring you to be a defence aswell for her as for mee; from all such as shall in your hearing scorne her, or me for disclosing such profitable experiments.

Farewell.

The

To make sirrop of Roses or Violets.

TAke of Violets or Roses a pounde, steepe them in three pints of warme water, put it in an earthen pot with a narrowe mouth, the space of viii. houres or more, after straine it and warme the water againe, and put in it againe so many Roses or Violets, and likewise let them lye in steepe eight houres, and thus do at the least fiue times, the oftner the better, in especiall the roses, and after take to euerie pinte, halfe a pound of Suger, and steepe them together till the Suger bee molten, then seeth them together with a soft sweet fire to the heith of a Sirrup: If you haue more Roses or violets or fewer, let so much be the proportion of the water, according to the proportion before.

To make Diatrion Piperion the best.

Take white pepper, black pepper, & long Pepper, of each sixe drams, and eighteene

graines, Time, Ginger, Anneseeds, of each a dram, beate the long Pepper, Anneseeds, ginger & Time into fine powder, bruse the other two peppers as groce as may be: then take suger clarified with hissop water, eighteen ℥. seeth the Suger, and take so much of the water aboue said as will couer it. To knowe when it is enough, drop a drop on a saucer, and if it will come from the saucer without cleauing, it is enough. Then after cooling, put in your pouder and stir them altogether, and after put all into a pot.

Virtutes huius confectiones sequuntur.

THis decoction is good to eate,
alwaies before and after meate.
For it will make digestion good,
and turne your meate to pure blood.
Besides all this it dooth excell,
all windines to expell.
And all groce humors cold and raw,
that are in belly, stomack, or maw.
It will dissolue without paine,
and keepe ill vapours from the braine.
Besides all this it will restore,
your memory, though lost before.

Vse it therefore when you please,
for therein resteth mighty ease.

To make Rosa-solis.

First take a quarte of the best Aqua vitæ that you can gette, and put it into a Glasse or pot of earth, then put into it fiue handfuls of Rosa-solis clean picked, and the roots and dead-leaues cleane clipped of, a quartern of Suger beaten to powder, nine Dates opened, and the white skinne within pilled or pluckt off, then shred the Dates in smal peces, and one ʒ. ginger, di ʒ. Nutmegs, ʒ. Anniseeds, ʒiiii. Liquorice, beating al these last rehearsed into fine pouder, then put them al together in the said glasse or pot, letting thē stand very close stopped the space of three or foure dayes, then take them all and straine the foresaid things into some clean vessel as hard as you may, so that you may haue as much of the strength as is possible to haue of it: then take and put the liquor into the glasse or vessell that you meane to preserue it in, and stop it very close that no strength passe out of it.

Doctor Hatchers powder against the Stone.

Take the roots of Ireos, Liquorice, Calamus aromaticus, the hayre of the Harts skinne burnt, of each ʒ ſ. the roots of Enula campana, Filipendula, Ginger, long pepper, Anniſæds, Fenell ſeed, Saxifrage ſæd, Ana ʒii. Sinamon, Maces, Ciperus, Spicknard, Saffron, Betony, Ana. ʒi. Suger ʒ. ſ. ſene of Alexandria ʒiii. Rhabarbe, ʒi. Of all theſe premiſes make a pouder fine & ſmall, and take thereof the weight of viii. d. in the morning faſting with white wine, twice or thrice a weeke luke warme. It clenſeth the bladder, back, reines and kidneies from the Stone, it remedieth belly ache, and prouoketh a laxe.

Maiſter Stranges plaiſter againſt the Stone.

Take Plantain, Fetherfew, garden tanſie, and Houſlicke, of each a like quantitie, and ſtamp all theſe together & ſtraine them, then take the iuyce & put to it Bean flower as much as ſhall make it thicke, and then take three or foure ſpoonefuls of Honie, and clarifie them in the fire: which done, put the iuyce and the flowre into the hony, & boyle them on the fire together vntil they be ſtiffe

like

like a plaister. When you will vse this medicine, you must take a double cloth that shall be a quarter of a yarde broade, and as long as will goe round about you, & as hote as you can sow it round about you, and this must you weare two dayes and a night, or else two nights and a day before you take it off.

To prouoke sleepe.

Take a spoonefull of Womans milke, a spoonefull of Rosewater, a spoonefull of the iuyce of Lettice, boyle them in a dishe, then take some fine flaxe, and make your plaister as broad as you will haue it lye on your forehead, and then moyst it with the same lyquor, and grate a little Nutmeg to strew ouer it, and lay it to your temples and it wil prouoke sleepe.

A soueraigne medicine for the Collick.

Make a tosse of houshold bread of cleane Wheate, and euer as you toaste it cast Malmesie on it, then take dryed Lauender Flowers, and cast it on the Tosse, then lay it on a thin cloth, and as hot as you can suffer it lay it to your Nauell, as close as you can.

To

To make Aqua Composita.

Take a handful of Rosemary, a good rote of Enula campana, a handfull of Hisop. di handful of time, di handful of sage six crops of mints, as many of Penirial, as many of Marierum, di. handfull of Horehound, two vnces of Liquorice, two vnces of Anisædes brused: then take three gallons of good Ale, and put therin all these things afore said, & couer the pot close till it boyle, and then set on your Limbeck, and keepe vnder it but a soft easie fire. And if a man haue the stone, these hearbs be good to put into the said water, viz. di. handfull of Saxifrage, one handfull of Parcely, di. handfull of Philependula, and di handfull of Fennell.

For Cough and flewme in the Stomacke.

Take a quart of stale Ale, and a handfull of Goosemeate which is named Hayrefe, and a quantitie of pared Liquorice, and a quantitie of small raisins, and boyle altogether vnto a pinte, and drink therof first and last.

For the Sciatica.

Take Sauery and mire the iuyce therof with Wheate Flower, and make a plaister

ster thereof, and lay it where you feele the paine.

A soueraine oyntment for weakenes in the backe.

Take a handfull of Daisie rootes, and as much of Planten, Bursa pastoris, Centummodi, and the cropps of Acorus, Ana, a handfull of Bole Armoniack, and the powder of Harts horne, then take a buck Cony that is fatte, and boyle all these together in White wine and water, as much water as wine till the said Cony be consumed ỹ flesh from the bones, and after take the cony and the other gære forth of the broth, and strain the broth into a cleane vessell, & let it stand till it turne into a Jelly, & when you bee in bed: cause the backe there with to bee annointed by a chasndish of coales thræ nights together, and lay thereon a linnen cloth warme, and softlie lay it on, and in no wise chafe your back.

For flewme or stopping in the stomack.

Take two handfuls of Honisuckle leaues and an ounce of Annisædes, and thræ sticks of liquorice, boile al these togither in a quart of water till they be boyled from a quart to a pint,

a pint, then drinke thereof in the morning fasting.

For Strangury or stone in the reines of the back.

Take water of Camomill stilled, & drink thereof when you feele paine, an ounce fasting vntill the paine be alayd: and eate a little Suger after, because the water is bitter.

To make oyle of Camomill.

Take Oyle a pinte and a halfe, and three ounces of Camomill flowers dryed one day after they be gathered in the shadow, then put the oyle and the flowers in a glasse and stop the mouth close, and set it into the Sun by the space of forty dayes.

To make oyle of Roses.

Take Oyle washed eighteene ounces, the buds of Roses the white endes of them cut away, three ounces; lay the roses abroade in the shadow foure and twentie houres, then put them in a glasse to the oyle, and stop the glasse close: and set it in the Sunne at least fortie dayes.

The manner how to wash the oyle.

Take and put it into a bason of faire water, and beate it well with your hand that

the

the drosse may fall downe, then take of that part which remaineth aboue on the water with a spoone, and put the same Oyle into an other bason of faire water, and washe it as you did before, and so purifie it three or foure times.

To make the oyntment of Roses.

Take oyle of Roses foure ounces, white waxe one ounce, melt them together ouer seething water, then chafte them together with Rose water & a little white vineger.

To make a Tysand.

Take Borage, Langdebefe, Sorrel, Endiue, Cinquefoyle, two or three handfuls of barly well picked, and both the ends taken off, then take halfe a handfull of red fennel Rootes, and a quantitie of Liquorice, Suger-candie, Figges, Dates, great Raisins, boyle all together from a gallon to three pintes.

For the Strangurie.

Take a pounde of Guiacum, otherwise called Lignum vite, and let it be beaten to pouder as the Apothecarie informeth you, then put the substance thereof in a pot with three quartes of pure water, and close the mouth

mouth of the pot surely, that in no wise the ayre therof go out, then make but a soft fire vnder the pot, that it doth not seeth or boile, and to remaine so hote but not boyling, the space of 24. houres, & at the end of 24. hours open the head of the pot, and take the whole substance and liquor, and put it in a stillitorie, and put thereto a pottle of White wine, and when you haue stilled the same, drinke therof euery morning fasting, or any time when you feele payne, and if you wil haue but halfe a pound of Guiacum, then according to the proportion of that quantity, vse the ingredience as is aboue written: and because many cannot come by white wine, if you haue a pound of Guiacum, after ỳ rate put to the pound a gallon of cleare water to be ordered the space of 23 houres as is afore said: then straine it through a cloth: and drink of it at your pleasure, but the vertue therof wil not last past three or foure daies.

A Clister for the Strangurie.

Take Cammomil flowers and Mellons of each one handfull, seeth them in a quart of water to a pint, then straine the liquor and put therto three ounces of oyle of Cammomill,

momill, and the waight of two grotes or lesse of salt, and so prepare the Clister.

For the swelling of the Yeard, or Coddes.

Take Egrimony of the water therof stilled, and put thereto a quantitie of Allome, and set them ouer the fier till they almost boyle: then with a rag of Linnen cloth annoint the yeard vnder the skinne with the water well & warme: and it will abate the paine of the yeard and of the Coddes, also if they be washed with the same. Also to incarnate the skin of the yeard within, take the water of Fumitary, and lay Liquorice pared therein one night, and put of the same water into the yearde with a spunge, or else with a tent of linnen cloth.

Doctor Barties medicine for aches with swellings.

Take flowers of Camomil & Rose leaues seeth them in white Wine, making a plaister thereof, lay it to the place where any paine, ache, or swelling is.

To make one pisse.

Take the pouder of the berries of Iuie, and drinke it with white Wine, or else with stale Ale hote.

The

The worthy Doctor and excellent practicioner Rasis wryteth, that whosoeuer oftentimes snuffeth vp into his nostrels the iuyce of great Margerum, shall neuer bee diseased in the head.

A singuler remedy for all diseases in the head of what cause soeuer.

Take a handfull of Camomill, a handful of Betony, a handfull of Veruaine leaues cleane picked, stampe them & seeth them in Ale wort, and when it hath sod, put therunto a little Commin seed finely beaten, with a little pouder of Harts horne, three spoonefuls of vineger, the yolkes of two Egs and a little Saffron, stir them about, and lay a plaister hot ouer all his forehead. It is an approued medicine for the Megrim.

The small wormes that are found betwen the barke of Trees, which will be round like a Peasse, sodden in oyle, it maketh a singuler ointment for the Megrim, and the same oile dropped into the eares, swageth the paine.

An approued remedy for the Toothache.

The rootes of Henbane sodden in vineger and Rose water, put the decoction in your mouth.

A wor-

A worthy purgation to auoyde Choller.

Take halfe an vnce of Cassia newly drawne, a dragme of good Rubarb, infused a night with water of Endiue, with a little Spicknard, & an vnce of sirrop of Violets, mixe all the said thinges with three ounces of Ptisan or Whay, and drink it warme.

Against the vnkindly heate of the Liuer.

Take a good handfull of Liuer-wort that groweth vpon the stones, and an other of Fumitory, with as much of Harts-tung, & seeth them in Whay clarified, & drink them euerie day twice. Also seethe Barberies in Whay and drink it.

The liuer of a Hare dried and made in pouder, is approued for all diseases of the Liuer.

Mythridates medecine against corrupt ayres.

Twenty leaues of Rue, two fat Figs, two Walnuts, and a little salt: whosoeuer eateth of this composition, shal be sure from all kind of venome that day.

To encrease milke in women's breasts.

Parsnep rots and Fennell rots sodden in broth of Chickins, and afterwards eaten with a little fresh butter: maketh your milk increase.

Rice sodden in Cow milke with crums of white bread, Fennel seede in pouder and a little Suger is exceeding good.

Christal made in fine pouder, and mixed with as much Fennell seede & Suger, and vse to drink it warme with a little wine.

An excellent Sope for Scabbes and Itch.

Take white Sope halfe a li. and keepe it in sufficient Rose water, til it be wel soked, then take two drams of Mercury sublimed dissolue it in a little Rose water, labour the Sope and the Rose water wel together, and afterward put in it a little Muske & Ciuet and keepe it: this is singuler to cure a great Scab or Itch without perrill.

An approued medecine to driue away Lyce.

Take

Take the dregs of Oile or fresh Swines greace a sufficient quantity: wherein you shal chafe an ounce of Quicksiluer, till it be sunke into the greace, then take powder of Staues-acre serced & mingled all together, make a girdle of a woollen lift, meete for the middle of the Pacient, and all to annoint it ouer with the saide medecine, then let him weare it continually next his skin, for it is a singuler remedy to chase thē away. The only odour of Quicksiluer killeth Lice.

For to stop the Flixe.

Take Seng crops and stampe it, & drink it with stale Ale, and it wil amend by Gods helpe.

For the bloody Flixe.

Take an Apple and rost it, and put therin as much ware as a beane, & let the Patient eate it, and by Gods help it wil amend.

For any bruse.

Take an Ore gall and Onions, and frie them with Shæpes Tallowe, and it will helpe presently.

An oyntment for the back.

Take foure ounces of Ungnentum Frigidum Galeni, an ounce of the iuyce of

Houſlæke, two dragmes of Mirtle, and as much of Lead burned, one dragme of Camphire, halfe a dragm of red Roſe leaues, as much red Curral, & according to Art make all theſe an ointment in a morter of Lead.

For an Ague.

Take a handfull of Hartes-horne that groweth in the field, and a handful of Bayſalt, and lay it to your wriſts.

For the Tooth-ache.

Take Betony, Sage, and Allome, ſæthe them in vineger, and let it lie in your toth.

To keepe Veniſon freſh a long time.

Preſſe out the blod cleare, & put it into an earthen pot, and fill it with clarified Hony two fingers aboue the fleſh, & bind a leather cloſe about the mouth that no ayre enter.

To keepe it from rotting after it is new ſlaine.

Couer it cloſe from the Sunne or Ayre with Fearne, and lay it in a cold place, then waſh it cleane, and let it lie in water halfe a day,

a day, and then lay it on the flowre to drie, then set the water and Salt together, and let it cole til it be luke warme, & then wash the Venison therein, and let it lie in that pipkin three daies and three nights, the take it out and pouder it with dry salt, and barrel it and stop it fast.

To keepe Peares.

Put them in a vessel that they touch not each other, and make a bed of Peares, and an other of fine white Salt, and couer them close.

To kill Lyce.

Make a fire and put quicksiluer therein, and hang the clothes ouer it in the smoake, and no vermin wil come in them.

Against drunkennes.

Drinke the iuice of Yarowe fasting, or else the Marrow of Porke fasting.

To make Linnen cloth or Yarne white.

Take a Herring barrell, and fill it full of Ale dregges, and stop it fast, but first you must haue a good dish ful of parched beans, and put them in a linnen bagge, and being

hot, put them to the dregs till they cole, and shut it fast the space of one quarter of an houre, then take a pound of Allome ground to pouder, and cast it therin, and let it lie so foure daies wel closed, then wash it.

To remedy the feete that are sore with trauailing.

Take Plantaine and stampe it wel, and anoint your feete with the iuice therof, and the griefe will swage.

A notable experiment against the Phitiske of the Lunges.

Take of the Pimpernel brought into very fine pouder two ounces, of new Pimpernel water, and of Suger as much as shall suffice, making thereof an Electuary, of which take daily two dragmes.

Parsly with crums of Bread applied in the steed of a plaister, doth heale the Shingles, but the decoction of the same drunk doth breake the Stone. Florenti.

Mintes put into milke, it neyther suffereth the same to curd, nor to become thick, insomuch that layed in curded milke, this would

would bring the same thinne againe, so that by the same vertue and property he saith to resist and abate the generation as well in man as woman. Floren.

A good drinke for the Pestilence.

Take a Lilly root and wash it cleane, and boile it in white Wine till the one halfe be wasted, and then giue it the sicke to drinke, and he shal breake out full of bladders as if hee were burnt or scalded, which of themselues wil dry and wace whole. Pastor.

Chestnuts eaten with honey fasting, doo helpe a man of the Cough.

To make a perfect black Ink to write or limme withall.

Take one pound of Galles, one pound of Gum Arabick, of Vitriall an ounce, bruse your Galles and Vitriall, and put them into a vessell fit for your purpose, fill it with white Wine, that all your stuffe may be couered aboue a hand bredth: then set it in the Sun and stir it daily.

A very good greene.

Take the iuice of Rue, Verdigrece, and Saffron, bray them, and when you will

vse

vse it, mingle it with Gumme water.

An other Greene.

Take grene Bayes, keepe it alone in vineger, the straine it through a linnen cloth, and grind it with a little Honey and Gum water.

An Emerald Greene.

Take Verdigrece, Litarge, Quicksilner, brayed to pouder, and ground with the pisse of a young child.

For to make a colour like Gold.

Take an vnce of Orpiment, one vnce of fine Christall, bray them seuerallie, & mingle with them the white of an Egge.

Take Saffron dried, beaten into pouder, and put to it as much glistering Orpiment that is scaly and not earthy, then with the gall of an Hare or a Pike, bray them together, put them in some Viol vnder a dunghill fiue daies, then take it out and keepe it, for it is the colour of Gold.

A notable receite to make Ipocras.

Take of Ginger two dragmes, of Sinamon j ʒ. of Cloues, Nutmegs and Galanga,

of

of each a quarter of an ounce, stampe them, and put them in a bagge or strainer. Then take a pinte of the best red or white Wine that you can get, or a pint of good Malmsie, and mix them altogether, then take a pound of Suger fined, and hauing stamped it, put it into the other Wine, and so poure it vpon the strainer wherein you did put the saide wine with spices, then hauing taken it out, you must poure it on againe, so often vntill it becom as clere as it was before, stirring it sometime in the strainer or bagge, with this special note, that that is but to make a Flaggon full: therefore as you wil haue it in quantity, take the more store of the saide things: you may binde a little Muske in a faire linnen cloth at the end of a strainer, so that all the substance may run ouer it, so that it shal haue the odour of Muske.

A proper deuice to make lights of an excellent sauour.

Take two ounces of white Encence, of Camphire an ounce, beate it in ponder, and make thereof little round pellets, adding there vnto some white Waxe, then put them

them in a platter full of sweete water, & fire the pellets with a Candle, & you shal haue an excellent light and sweet sauour.

To destroy Lyce.

Take Frankensence beaten to ponder, and a quantity of Boees Greece, and boile them together in an earthen pan, and herewith anoint the places where the Lice are.

To make red Inke.

Take two ounces of Brasil, and a pint of water, and put the Brasill into it, and lette it remaine there sixe or seauen houres, then seeth it vntill the third part be diminished, and it is a perfect red.

Whether the wine be mingled with water or no.

Take ripe Mulberies and put them into your Wine, if they swim the wine is pure: but if they sink there is water mingled. Also a Peare cleane pared causeth the same effect.

To heale lips that are chapt with wind, or cold.

New way, Mastick, and Frankensence, with oile of Roses, all this made in an ointment,

ment, and therewith anoint the chaps, and they will heale presently.

For kybed heeles.

Take Gum Dragant and Galbanum, of each a like, and make them of a powder, then take Oyle tallow, & a little Oyle of Violets, and melt them on the fire, and therein put the said powders, and make hereof an ointment, and herewith dresse your heales.

For scabs in Children.

Oile of Roses, the weight of five pence in common salt, and a little fresh Butter stirred altogether, untill it become an ointment, healeth them.

To destroy Crabbes.

Ashes laid in oyle, or take of Aloes, Olibanum, & Cerus, of each foure ounces, beating them all into powder, & mingled with Oile of Roses, or fresh barrowes greace.

An order to make Wormewood water of the best sort, as followeth.

Take five gallons of old and strong Ale, and take a handfull of Wormewood cleane picked and washed, the Water well wrung out of it, or shaken, halfe an ounce of large Mace, halfe an ounce of Sinamon, two

ounces

ounces of Nutmegs, a quarter of a pound of Aniseeds, and as much Liquorice, and braise all those spices together, but not to small, and cut the wormwood betwirt your hands, and then sette all these together in the pot, and still them as you still Aqua vitæ together, and so you shall haue 2. quarts of the best, besides the smaller or weaker.

To make a good Posset curd.

First take the milke and seethe it on the fire, and before it seethe, put in your Egges according to the quantity of your Milk, but see that your Eggs be tempered with some of your milke that standeth on the fire, and you must stirre it still vntil it seethe, and beginneth to rise, then take it from the fire, and haue your drink ready on a chafingdish of coales, and put your milke into the bason as it standeth, and couer it, and let it stand a while, then take it vp, and cast on Ginger and Sinamon.

A medecine for the mother.

Take Nep royal, and stamp it, then take two spoonfuls of the said iuice, and a spoonful of Sallet oile, and lette it seethe away two parts,

partes, then vnto that remaineth but the quantity of the oile onely, & anoint the place where the mother riseth.

To make sirrop of Roses or Violets.

First haue a glasse with faire water, and make it warme in a pot of seething water, & when your water in the glasse is warme, then put to it Rose leaues, and let it stande till it be colde, then wring out your Roses, and make the foresaid water warm againe as before, and then put in other Roses, and so doo nine daies: and then put in Ginger, and seeth it vntil it be sirrop.

To take away the Cough or stitch,

Take a pint or a quart of Malmsie, one handfull of Annisede, one handfull of vnset Hissope, one Licorice sticke brused, halfe a dish of swete butter, sethe all these things together till they be thicke, and after spread it vpon a tosse of wheat bread, and lay them within a linnen cloath, as warme as you may suffer it to your stomacke. But if you will take this for a Stitch, leaue out the Butter.

The

The head annointed with the iuice of Leeks, preserueth the haire from falling.

To make Ielly.

For a pottle of Jelly, take of Sinamon a quarter of a pound, of Ginger two ounces and di. of Graines two penywoorth, of long Pepper two penywoorth, Cloues halfe an ounce, of Suger two pounds, di. of Turnesoles two ounces and di. and ten Nutmegs, looke that the Spice be good and wel made cleane, then take fiue Calues feete, or an old Cocke and three quarts of Claret wine, and a pint of water, and let them boile so long together vntill you may see the sod liquor clammish betweene your fingers, then take it from the fire and strain it through a strainer, and so let it stand till it be cold, that the filth may discend to the bottome, and when you will finish your Jelly, take the best of the said liquor & put into an other pot with the proportion of spices, and boile them together by the space of halfe an houre, and in the meane time make cleane your Turnesole and dust it wel, then take a Ladle full of the said liquor and put your Turnsole in it, and when it is a little well soked, then

wring

wring out so soft as it shal be needfull, until your Jelly be faire coloured. When take the whites of eight Egs, & beat them together a good while, and skim off the froth, and a little before you shal think it time to draw your Jelly, put the said whites into the Jelly with three spoonfuls of Vinoger, & forthwith draw your Jelly through a woollen bag, and put in a branch of Rosemary in the end of it, and so dish it.

How to dresse Oranges.

Take Oranges and shave them with a knife, & quarter them like an Apple, & take out all the meate out of them, and lay them in water, and shifte them twice a daye: when you think they be enough, take them out, then set on faire water on the fire, then put your Oranges in and perboyle them, then take them out, and set their mouthes downewardes in a Flasket that the water may run out, then set on faire water over the fire to perboile them againe, and if they be not well perboyled, boyle them againe till you may pinch them through, then take them out and put them in a faire cloth, and laye them in a Flasket that it may draine

out

out of them, then take a gallon of running water & put them into it, and at euery foure Drenges you muſt put in a pound of Suger, and when you haue done ſo, ſet it on the fire, but before you ſet it on the fire, take an Egge and breake it, and take out the white of it, and lay it in water, take your hand and beate in the water, and ſette it on the fire, and let it burne cleare vnder it, and looke that no ſmoke ariſe, and when it doth ſeeth, ſkim off the top of it very cleane, then take it off the fire, and with a ſtrainer ſtraine it into another pot, then put in your Drenges, then make the fire good and temperate, ſo that it ſeeth not too faſt, then you muſt take a ſpoone and ſkim off the ſome, ſo that you touch not the Drenges, & as the ſirrop doth ſeethe, ſo with a ſpoone turne them, and alwaies lay the ſirrope vpon the Drenges, when they haue ſod halfe an houre take the out, & let your ſirrop ſeeth a good ſpace, then take ſome of the ſirrope and coole it, and if you ſee it any thing ſtiffe, then put the Drenges into it againe.

To preſerue Damſons.

Take a Glaſſe that hath a wide mouth, and ſtrew ſome Suger in the bottome, then lay

lay a rowe of Damsons and a rowe of Sugar, thus do till your glasse be almost full, then put to it Rose water and a few cloues and a little Sinamon, then stop your glasse with paste, then haue a pot with hot water readie on the fire, and put some haye in the bottome of the potte for sauing the Glasse from breaking, and let not your pot boile to fast, then take vp the glasse & looke whether your suger be consumed, and in the meane space make ready your sirrop, then when it is cold, put in your Damsons. The sirrope must be made of Suger, & Wine, Rose water, and whole sinamon, or halfe faire water deuided, that the glasse must boyle till the Suger be consumed.

To make dry Peares.

Take faire water and Rose water according to the quantitie of your Peares, then take Hony as much as you shall think good, and put in your Peares, then let them seeth very softly, that they breake not, then take them out & put them in a Collander and let them drain, then whē you draw your bread put thē into the Ouen in some earthen pan, and if they be not dry at the first, put thē in againe vntil they be dry, then barrell them.

For the ſhaking of the hand.

Waſh your handes in the water that is in a Lauor, and put therein ſome Sage, let your handes dry of themſelues without wiping.

To ſtay the bloodie Flixe.

Take and cut out a peece of a peece of beefe of a newe killed Ore about the brisket, and eate it raw, and this helpeth it.

To reſtore the blood againe.

Take halfe a pinte of Muſkadell, and a penniworth of ſallet oyle, and put them together and drinke it in the morning, and walke an houre after.

For the running of the reines.

Take pellitory of the wall a good handfull, wilde Tyme and Parſlie, boile them in a quart of ſtrong Ale, vntill it come to a pint, and drinke thereof morning and euening, nine or tenne dayes, halfe a pint at a time, and warme it.

For the Ague.

Take a handfull of Smalledge & a handfull of Bay ſalte, and a handfull of white Frankenſence, and fiue Plantaine leaues, beat al theſe finely in a Morter, then deuide them

them into foure partes, and lay two partes to your breasts, and the other two parts to the bought of your armes. An houre before your fit come, you must haue a pynt of Ale sod the one halfe, and when it riseth skim it, then put in a white breade crust, and let it seeth with the Ale, and when your Ague beginneth to come, drinke it, and eat the crust of bread.

A drinke for the Ague.

Take Bay leaues and Sage leaues, and seeth them in white wine, after straine the Wine from the leaues, then take Bayberries and bruse them somewhat grosely, and put them in the Wine, and a little before your fit commeth drinke it.

A medicine for the wormes in a childes belly, or any other.

Take a pound of May Butter, and clarifie it in the Sunne, then take two pounders of Wormewood stamped, and then weigh it after it is stamped, the Wormewoode must bee gathered greene, then mingle them together with your handes after they bee put together, and set them in the Sunne nine dayes in a potte or Glasse, and

let it boyle an howre and a halfe, the ſtrain it, ſo put it vp in a Galley pot or in a double Glaſſe, and alwaies at the ful of the Moone annoint the bellie of the partie againſt the fire, at no time elſe, and the medicine made in May.

A medicine for to get the Beetlewigges out of a mans eare.

Take Yearbgrace, ſtampe it and ſtraine it with Aqua Compoſita, and put the iuyce into the eare that is pained, after lie downe on that ſide, and bind a cloth faſt about the head, and it will come out.

For a legge that is ſwolne with a fall.

Take Hemlocks, and heat them hote betweene Tyles, and lay them to it, and it will aſſwage the paine.

For a wenne when it beginneth.

Take an old ladle and hold it againſt the fire vntill it doeth ſie, and annoynt the Wenne with that that frieth out of the ladle three or foure times in a day, and it will helpe it.

For the Collick.

Take a quarte of white Wine and make a Poſſet, then take the Poſſet drinke and put

put therein a handfull of Mother of Time, and a handfull of yong Parslie, and seeth it in the Posset drinke, and take halfe a penyworth of long Pepper, and put in the Posset, and giue it to the patient to drinke.

For the canker in the mouth or throate, or to wash your teeth that be hollow and stinketh.

Take a quantity of red sage, and vii. crops of Rosemary and Honysuckles, and wilde Daisies, and Sinckfoyle, boyle them all in a pinte of faire water til it be sodden to the halfe pinte, and then take a little Roch Allome and burne it to powder, and then take halfe a spoonefull of Hony, the put them into a faire cloth and straine it, and when it is colde put it into little glasses.

For the Goute.

Take Camomill, Balme, Hollyhockes, Lettice, Mallowes, Grounsell, Chickweede, of each a handfull, boyle them in fayre water till they be tender, then take a quantitie of great Otemeale and beate it small, then put it into those Hearbes that you haue boyled, with two spoonefulles of

Capons greace, and then boile them all together, vntill it be so thicke that it may bee spread vpon a Cloth, and as you seeth it stir it that it burne not to, then being sod, spred it on a cloth, that it may be laid to the greeued place as hote as may be, and it shal help in twise dressing.

If you haue any paine in the soale of your foote, take halfe a dozed of the leaues of ground Iuie, and pricke them, and wrap them to the soale of your foote, and so continue vntill you find ease.

To preserue Quinces.

First pare your Quinces and core them, then take to euery pound of Quinces a pint of Rose-water and a pound of Suger, then take the Rose-water & Suger, boile them together with some of ỹ cores of the Quinces, then clarifie the liquor with whites of Egges, and sette it ouer the fire againe, and when it seetheth put in the Quinces, and cast in a sticke or two of Sinamon, & if they cast not colour quickly, couer them, and let it seeth vntill you may put a rush through them, then let it stand vntill it be colde, and so set it vp.

A Borage

A Borage Tart or Spinage.

Parboyle your Spinage, then stampe it, and straine it with halfe a dozen yolkes of Egges, season it as your Creame Tart.

A medicine for the plague.

When you suspect your selfe to be infected, goe to bed, and cause a pinte of Malmesie to be put in a pot, and halfe a penyworth of graines beaten small to put in the same pot, boile them together, and drink thereof as hote as you can, and sweat.

Against the Fellon and Vncomes.

Take an ounce of Sage, of Rewe the weight of the Sage in Sene græne, wash these together, and shake out the water, dry them with a cleane cloth, and choppe them very smal, then take sower Leuen the bignis of a Tennis bal, black Sope a spoonfull, two spoonefuls of Tarre, stampe it in a wodden dish with a pestell of Wood, lay the same morning and euening vnto it an inch thick.

Sirrope of Fumitory openeth and taketh away all obstructions of the Liuer and stomack, & fortifieth all the members, it cureth al sores about ỹ inward parts, ỹ com of salt

and burnt water, as Scabbes, Lepre, and French pore.

Sirrop of Rosa Solis good for sowning or any other diseases in the stomack.

Take a quart of the best Aqua Composita, Aqua vitæ a quarte, a quantitie of the Roses of Solis cleane picked, and somewhat dryed in the Sunne, put all these in a glasse, set it in the Sun foure or fiue dayes, then take di ʒ. of case Ginger, di ʒ. of Nutmegges, di ʒ. of Cloues, white Pepper, of Graines, Anniseedes, Coliander seed, Ana, a quarter of an vnce of Sene, a stick of licorice, foure cornes of long pepper, di. ʒ. of Sinamon, then put all these spices being well chosen, finely tryed, somewhat bruised into the pot, then take a quarter of a pounde of redde Currans di. a quarter of a pounde of dates, a quarter of a pound of Raisins of the sunne, eight Figs of Algary, eight graines of Muske, as much of Ambergrice, white & red Corrall, Ana, of pearles ʒ. all these infused together in the said liquor, and set in the Sun forty dayes, and closely couered that no ayre may come vnto it.

Aqua

Aqua Rosa Solis.

Take a pinte of Aqua vitæ, a Gallon of the flowers of Rosa Solis well picked, a peece of Angell golde, of Rosemary flowers or the hearb it selfe, & a quantitie of fine Suger, still them in a Stillatory and keepe the water close, and occupy it by a spoonful at once.

To make fine Cakes.

Take a quantitie of fine wheate flower, and put it in an earthen potte, stop it close, and set it in an ouen, and bake it as long as you would a paste of Venison, and when it is baked it will be full of clods, then searce your flower through a fine sercer, then take clouted Creame or sweet butter, but cream is best: then take suger, cloues, Mace, saffron and yolks of egs, so much as wil serue to season your flower, then put these things into the Creame, temper all together, then put therto your flower, so make your cakes, the paste will be very short, therefore make them very little, lay paper vnder them.

To make an excellent Pomander.

Take of Storax Calamita ʒ. ss. of Benemin two ounces, of Labdanum ʒ. ss. of Cloues,

Cloues, white Saunders, of each three dragmes, Margerum two dragmes, mingle with these powders Muske and Amber greece of each a scrople: make your bal with the infusion of Rose water and Ciuet in a morter somewhat warme.

A precious oyntment for all manner of aches.

Take a pound waight of Sage, as much of Rew, halfe a pound of woormewood, and as much of Crops of Bayes, and beat them very smal in a morter, then take two pound and a halfe of sheepes tallowe, and temper it with the Hearbes that bee beaten and beate them againe together newe, and then put them in a pan, and set them on the hote embers, and put thereto a pottle of Dyle of Dlife, and let it stande vpon the hote embers two howres and a halfe at the least then straine it through a course cloath and put it in an earthen pot, and so occupie it. This would be made in May or in June.

For the canker in the mouth.

Take white Vineger a quantitie, with as much Honnie, and then set them on the fire to boyle with a little Allom: and washe

your

your mouth therewith, as oft as shal neede.

Take the iuyce of Plantaine and Wineger, and water of Roses, and wash your mouth.

Take the iuyce of wodbin, and the iuyce of Solsequi, that is Marigolds, and Honey, and powder of Cannell, and powder of Coppouis, and the powder of wilde Sage, burnt and medled all together, and lay it thereon where the Canker is, and it shall dry it. But to slay the Canker, take a Red Onion and lay it thereon.

Cardnus eaten or drunke in pouder prouoketh sweat.

A Mouse rosted and giuen to Childzen to eate, remedieth pissing the bed.

A precious drinke for the pestilence, approoued.

Take Fetherfew, Matfelon, Mogwoste, Solsequi, Scabions and Mallowes, wash them and stampe them: and temper them with Ale: and giue the sicke to drinke sire spunefuls at once, if he haue it betimes, it will destroy the corruption, & saue the sicke patient.

A singu-

A singuler medicine to resist the pestilence.

Take pouder of Saffron tenne graines, Wallnuts twenty graines, Figs two, and fire sage leaues stamped together with ʒ.i. of Pimpernell water and ʒ. graines of Mithridatum, keepe this in a close glasse, and eate thereof in the morning twelue graines, and this will defende the receiuer from the Pestilence.

The great garden Dock drunk in wine, purgeth flegme, choller, and water downwards.

The vertue of Motherwoort.

It groweth by the high waies and stonie walles, bushing with many stalkes, leaued like a nettle, but more ragged, and towards the bottome like Crow foote. It is of wonderfull force against any sickneſſe of the hart, whereof the cheefe name is deriued, it helpeth Crampes and Palsies, it killeth wormes in the bodie, it clenseth the breast from Flegme, it doth open colde obstructions, it prouoketh Vrine, moueth Womens flowres the iuyce drunk, or the hearb in decoction, and a spoonefull of the pouder of this hearbe giuen in Wine, helpeth the

hard

hard labours of Women.

An excellent medicine against Impostumes Plurisie, Coughes, and all diseases in the breast.

Take a handfull of Scabions the hearbe dryed, of Liquorice cutte small an ounce, twelue Figs, Fennel seede an vnce, Aniseed as much. Orius halfe an vnce, lay these in water or white wine a night, the next day boyle them till it be consumed to the thirde part, then sweeten it with suger.

A medicine for the Collick.

Take Dates and dren them in a pan as ye doe parched Pease, and as hote as you may suffer it lay them to the nauell in a linnen cloth.

For the same.

Take a faire flat stone and make it red in the fire, and then take it out, and let it cole til the rednes bee passed, & then take a halfepeny worth of Saffron, and lay it vpon the stone & turne it thether and hether, vntill it be turned almost to pouder, and take a spoonefull of Malmesie, and put the Saffron therunto & so drink, it will sone passe away

A present remedy against the Plague.

Take a great red Onion and make a hole in the middest, and put a spoonefull of triacle, rolle him in the fire: take a spooneful of Wineger, a spoonefull of Aqua composita: bruse them all together, straine thē through a cloath, and giue it to drinke.

For the Cough.

Take three figges and roll them, and put them in a cup of Beere, and a little Liquorice and Annisedes beaten, then let it stand by the fire till it be warme, then take out the figges and eate them, then drinke vp the drinke, and goe to bed warme, and in foure nights it breaketh the Cough.

To delay heate.

Take of Wineger one part, fine Suger two partes, running water foure partes, boyle them all together to the one halfe and more, and when you shal occupie it, take a spoonefull and a halfe of the said sirrope, and eight or nine spoonefuls of Barley water, drinke it.

To breake Flegme.

Take a quart of Muskadel, a pint of Hissoppe water, three good Races of caled Gin-

Ginger, and asmuch of Liquorice clean pared, then take two penniworth of suger candie brused, put all these in a Glasse, shake them together: cover your glasse foure and twenty howres, drinke therof morning and euening.

A preparatiue before you purge the stomack.

Take Sene three vnces, of Polipody three ounces, of Annisedes three ounces, seeth all these in a quart of water to a pinte, and straine them through a faire cloth, put in Suger to make them pleasant.

To purge the stomacke.

Take a handfull of Mercury, as much of young Mallowes, an ounce of Sene, three spoonefuls of Annisæds, put them in a pinte of white wine, and as much Ale all night, the next day seeth them together til halfe be consumed, then drink therof a good draught in the morning, and sleepe vpon it.

An excellent purger from all parts of the body.

Take an ounce or two of perfect Turpentyne of the cheefest, bruise it and dissolue

dissolue it in a Mortar with a Pestell, with halfe the yolke of an egge, put thereto three vnces of smalledge water, beate them together till it be like milke, & sup it vp, but first wash your Turpentine in Fenel water.

To make the haire of the beard to growe.

Take Cane rootes, Briony rootes, Beets, Radish, Flower de Luce, Onions, of each alike the quantity of foure vnces, fire fatte Figs brused and stamped very small, Maiden haire, Sothernwood, Dill, of each a handfull, sæthe all these in good wine, then wring out the liquour & straine it through a strainer, then put to it fresh Butter never salted, pure Hony two vnces, Oyle of Almonds sweet and sower, oyle of Sesania an ounce, Orimell squillick, halfe an vnce, the powder of Neale, Nigella, Fenegræk wel sifted and throughlie boulted in a Boulter, one handful of Grasse, Labdanum an vnce, set these vpon the fire, and stir them wel till it be thicke. This linament being applyed to the Chin and chækes, wil become haire: the body first purged from all filthy inwardly, proued by experience.

Oyle

Marmalade of Quinces.

Take your Quinces & coate them, and pare them: then put to them so much water as shall suffice to boile them so tender that they may be strained, when they be sodden, put out as much of the liquor as you leaue when that you haue sufficient to straine it, and let it stand vntil the next day morning, then measure with a pound dish how many poundes of substance you haue: then take to euery eight pound of Quinces fiue pounde of Sugar: then put it to the liquor that you kept before that your Quinces were first sodden in, and then sette it on the fire and let it seeth a while: & clarifie it with white of Egges, then straine the said liquour, and put it to the substance of the Quinces afore said; and so set it on the fire, and let it boyle vntill it haue a faire colour, that it may cut at the sides of a dish, then put it into boxes. If you will put in any Muske, take Rose-water in a saucer, and put in your Muske, and when you haue taken your Marmelade from the fire: immediatly put in the same Rose-water and Muske, and stirre it together and boxe it.

A Whay for Itch or breaking out.

Clarifie Whay with the leaues of Succorie, Endiue, Borage, of each an ounce: of Fumatory flowers: of Hopps an ounce: one Fennell and Succorie roote bruſed: of great Raiſons one ounce: let theſe be clarified with a quantity of Whay, drink therof euery morning a draught warme, fiue or ſixe mornings, then take a handful of Hene ſodden in a Pot cloſely ſtopped from a pinte to a quarter of a pinte, with a fewe Anniſeedes bruſed: then ſtraine it and drinke it in the morning faſting, and by and by a little Aleberry and ſome thinne broath.

Oyle of Mirhe healeth all kibes, burnings, Pimples, Cliftes about the Fundament.

Oyle of Tartare mingled with Camphire, the face beeing therewith annointed, it maketh it faire and ſmooth.

For a cut or ſore bruſe.

Take rootes of Louage, Alehofe, Parſlie: Ana: ſs. beate them in a morter very fine: then take Barrowes greace and boile them together: then ſtraine forth the iuyce: then take as much vnwrought waxe as a Wal-

nut

nut, halfe asmuch Rosen, and let them boile together: and after you haue thus done let it passe through a strainer into a little pan of water: then let it stand vntill it be colde then labour it in your handes vntill it bee some what shorte: and then wrappe it in a Leather, and so vse it.

For a weake backe.

Take sixe croppes of rose Neppe: two spoonefulles of Archangell flowers: and shread them fine: and take two new layd Egges and stirr it together: make three or foure Fritters with a morsell of sweet butter: fry them in a little earthen panne and let them bee eaten without bread or salte: but with fine Suger.

The plaister for the backe.

Take white Archangell flowres & leaues: Chumphry leaues and rootes: i. ℥. Plantaine and bursa pastoris, Ana. i. ℥. beaten very fine, and put to them a spoonefull of Hony: and fry them in a frying panne and deuide it into foure partes: and make of euery part a plaister, and so lay it to the patients backe, euery night a plaister.

Maister Roses medicine against the stone, and to cause one to make water.

Take a newe layd egge and in the great ende thereof make a hole, and take out the yolke and white of it, and lay the hole of the same Egge downewardes vpon a hotte bricke stone vntill it be purged, so that you may make pouder thereof, then take it and drinke it with white Wine first in the morning and last in the euening, and it helps.

For the heate in the reines, and to auoyde the blistering of the mouth.

Take Liuerwoort, Sorrell, Succorie, Balme, Anaiz, and seeth these in a quarte of Whay well clarified halfe an houre, and drink therof euery morning a good draught of halfe a pint at once.

For one that is deafe.

Take sweet Nallet oyle, halfe a pounde, adde to it Woodmewood, Sorrell, Anniseedes, Perwincle, Anadiz, and dry all this to powder. Take powder of olde Roses, an ounce of Coloquintida beeing boiled in Oyle a good while, then strain it through a cloth a good while, and put hereof three droppes into the eare of the partie that is

greeued

greeued beeing warme, and vse this euerie day twice: this hath beene prooued.

Against the Pyles.

Take a great siluer Eele, flea him, draw him, and let him touch no water nor salte, cut him in gobbites and rost him: the first dropping beeing cast out, take the next dropping, and with a fine linnen cloth beeing dipped in it, the dropping of the Eele beeing hote, and so with the cloath soke it vpon the places greeued, this will helpe be they neuer so sore.

For the passion of the hart.

Take redde Rose leaues, the powder of Saffron, the Oyle of Mace, and melt them together, quilte the same in a little thinne silke, and draw it ouer with a little thinne Ciuet, and apply it to the region of the hart.

For the Itch.

Take twelue of the yellowest Docke rootes, scrape them as you will scrape parsnippes, cut them small and stamp them verie fine, sette them ouer a Chafingdishe of coales, and put therein halfe a dish of sweet butter, and let them boyle together till your rootes be ready to straine, and when

they be throughly boyled straine them, and when you haue so done, put therto a spoonefull of brimstone beaten to powder: then stirre them both together, and sette them in a cold place, and it will be a salue, and so let the patient anoint his body before the fire, and let it soake into the skin, vse it morning and euening.

For a Fellon.

Take leauen very sowre, and crumme it into a little Pipkin: then take a quarter of a penny dish of butter and foure spoonefulls of Rose Vineger leaues and all, and so boile altogether, and lay it to the place as hote as may be: this is proued.

To destroy an Impostume.

Take the rootes of Hollihock and washe it very pure, seethe it till it be tender: then put that water y you sod it in, into a cleane vessell: then take Linseede, Fenegreeke of each the like quantitie: and looke that you haue as much of them both as of the roote, then seeth it in the same water vntill it doe rope as birdlyme, then stampe the rootes, and put thereto Barle meale, then mingle altogether, and fry thē with Beares greace and lay it to the sore plaister wise.

For

For the Rewme and Cough of the Lunges.

Take yong Elicompane rootes, a pound, of Setrach: of Maiden haire, Ana, i. ℥. all being new gathered, scrape the Elicampane rootes, and cut it into small slyces: seethe them altogether, in fiue pyntes of running water till they come to a pinte and a halfe, then straine them, and put thereto fine suger three quarters of a pounde, then boile it till it come to three quarters of a pint, then take two yolkes of new layd egs and beate them, and let them boyle together while you may say the Psalme Miserere, and take hereof at night a spoonefull, and another in the morning, lying on their backes an houre after they haue receiued it: and in foure dayes keping them warme, it will rid the greatest cough that is.

For a Canker or disease of the gummes or throate.

Take a handfull of Plantaine, a handfull of Honysuckles, an ounce of Mallo leaues, halfe a handfull of Sage, a quart of running Water, these thinges being boyled therein vntill it come to a pynte, then straine them, and put therein fiue

spoonefuls of sharpe vineger, fiue spoonefuls of stone hony, as much Roch Allome as a Walnut: this is proued to heale the Canker.

A gargell for a furred mouth.

Take Barly water, strawberry leaues, and suckfoyle, Ana di. ʒ. a sticke of Liquerice, di. pinte of white Vineger, let it runne through a two folde linnen cloth: it is good for a furred mouth or throat.

To heale the canker vpon the yeard.

Take an ounce of Roch allom, and halfe an ounce of Verdegreace, with Smithes water: and put all in some vessell of glasse and seeth it two houres: straine it and vse it as you thinke good.

Pillute Aliphange, helpeth the stinking of the mouth, being taken euery day nipped betwixt your teeth.

For a stitch or winde Collick.

Take Capillus veneris, Parslie rootes, Fennell rootes, of each a quarter of an ounce, braise these hearbes and drinke that iuyce with white Wine.

Haire to grow.

Acornes burnt and mixt with Beares greace.

Against

Against Spottes, and Pimples in the face.

Nigella brayed and mixed with Flower and Hony, and make thereof an oyntment, and annoynt there with the spots at night, and in the morning wash them with Parsly water.

For a hote burning in the stomacke growne of choller, which causeth the Feuer.

Take Borrage, Mallowes, Fumitorie, Violet leaues, Beetes, great Raisins, the stones taken out, Prunes, Polipody, with a little Dill: seeth these in pottage, and eate hereof.

For a fastem face.

Take the iuyce of Houseleeke & the iuyce of Tansie, and seethe them in a pinte of white Wine to halfe a pinte, and when it is colde, lay it to the face with a Flaxen cloth dipped in the same, and so let it lie all night, and when it is dry, then you may wet it so often as you list.

For an ache.

Take Oyle de Bay, and Aqua vitæ, a spoonefull, and mixe them together, and annoint it.

For

For heate in the face.

Take a pounde of Almonds, a pynte of warme water, straine them, then put therto halfe an ounce of white Campher, a pinte of white wine, beate them together, and straine it with a pinte of Margerum water, and put it in a glasse, and washe therewith.

For the same.

Take Vineger halfe a pint, Deares suet as much as you can holde in your hande, Brimstone so much as wil go into an egge being finely brused, seeth them all together till they be almost dry, being made in a ball, take a little thereof and put it into a Saucer, and melte it with a fewe Coales, then take a fine cloath and dip therein, and rubbe softly the place where the corruption is, untill it be taken away.

If this helpe not within a moneth, then drinke euery morning a cup of Beere, put into it fine English Madder finely picked, brused, and searced, and drinke it.

For the same.

Take Capons greace, melt it and straine it through a cloath, and let it stande to cole a quarter of an howre, then put in Brim-

stone

stone finely brused, and mingle it with the Capons greace, and annoint the face therewith when you goe to bed, where the pimples be or rednes, and in the Morning wash it in Rosewater luke warme. Remember you picke not your nose: if you will haue it stronger, put in Ginger finely beaten, a peniworth of each will serue, but of Capons greace two peniworth.

To vomit vp choller.

Take sixe Docke rootes cleane washed, and the pith taken out, a fewtoppes of Red Mintes, and a little Mormewood being steeped in a quarte of Ale, or white wine all night, and drinke thereof halfe a pinte at one draught: It is good to cleanse the body in all parts, as before is said, perhaps with a stoole or two, this is approued, being taken betweene March and June.

For a Fellon.

Take twelue Snailes in the garden, and beate them shelles and all until that it come to a salue, and apply it, and when it waxeth dry take fresh still, and it wil kill, heale, and draw.

To

To stop the whites in women.

Pomegranet flowers, the kirnelles of Pine apples bruſed together, with two or three branches of S. Johns woort, beeing boyled in a quart of red wine, from a quart to a pint and a halfe: and drunke morning and euening.

For the ſtuffing of the Lights and Lunges.

Take Arthemeſia, Epithimum, red ſage, Roſemary toppes, redde Fennell, of each a handfull; a Galingale roote, halfe ℥. of greene Ginger, halfe ℥. of Manus Chriſti, a ſticke of Liquorice, ſeeth it from a quart to a pint.

For the heate in the backe approued by Doctor Hinck.

Take the water of Plantaine diſtilled, or the iuyce thereof put to the leaues, the leaues of red Roſes diſtilled, and the Water of red Roſes, and the water of red Roſe vineger, then put all theſe together in an earthen pot, and put it into the Water as Linnen cloath, and the ſame ſteepe there: then after a while take it out, and with a fewe leaues of a redde Roſe cake, lay it to the backe, and when it waxeth hotte, vſe

an

another cloth dipped therein.

To dry vp the Rewme.

Take Nutmegs, Cloues and Mace beaten to pouder with the pouder of Rosemarie, boyle these together in sweete Sallet Oyle vntill it bee somewhat thicke: spread it vpon a cloath and lay it to the crowne of the head: this is approued to helpe it.

To keepe the eyes cleere, coole, and from rednes, and to kill the Itch.

Take of Plantaine two handfuls, houseleeke one handful, stampe them and straine them, and let it settle, then powre out the cleere iuyce from the dregge, put thereto halfe as much red Rose-water, and a quarter of a spoonefull of white Suger candie in pouder, then take Lapis Caluminaris, a peece as big as your thombe, and slake it twelue times in the same water, and hereof put foure droppes morning and euening lying vpon your backe. Approoued.

Against the Collicke and Stone in manner of a Plaister.

Take Parslie and Smallage, Ana, two spoonefull of Capons Greace, put thys in an earthen vessell, putting the one spoonfull

in

in the bottome, and the other in the top vpon the hearbes, set these on the Embers to boyle from morne to night, then stampe them and straine them, and spred the ointment vpon a linnen cloath, and lay it hote to the Nauell and bottome of the belly.

A Clister to be giuen to a childe, or woman in childbed.

Take a pint of new Milke, three ounces of redde Suger Candie, boyle your Milke well, then take it off, and let it stand till it be no warmer then you can abide it on your cheeke, and with a Clister pips put it vp.

A Clister.

Take a Hen pullet, draw it very cleane, and breake all the bones thereof, then seeth it with a quart of Liquour, vntill that it come to a pynte, then take a handfull of Spynage, one handfull of March Mallowes, or other Mallowes, and a handfull of Violet leaues, seeth these hearbes in the liquor of the pullet very well, with asmuch salt as will season an Egge, then put thereto a Saucer full of pure Sallet Oyle, and warme it.

To

To breake the ſtone.

Take a Cocke of a yeere olde, and open him, and you ſhall finde in his mawe ſmall white ſtones, take them and beate them in a braſen morter very fine, and put it in good white Wine, and drinke it, and it will breake the ſtone.

Againſt toothache.

Take a little burnt roche Allome, and in the burning put a little fine Linte into it, and put it into your teeth that is hollowe, this will eaſe the paine.

A medicine to ſtrengthen the backe.

Take a quart of good Ale, three or foure whole Maces, and as many Dates, the ſtones taken out, and pith alſo: then take the toppes of Roſemary a good handful, and boyle all together from a quart to a pinte, then take the yolke of two or three new laid Egs, and take off the rinde about the yolke, then put the yolke into the Ale, and boyle them together, and ſtirre them well, and ſo drinke it morning and euening.

For the heate in the backe.

Take Vng frigidū Galeni ℥. iii. you muſt take the oyntment and ſpreade it vppon fine

fine Linnen cloth, beeing firſt dipped in red Roſe water, then warme it againſt the fire and ſo lay it vpon the Kidneyes, and when it wareth hotte take it off, and lay it to another.

For the Collick and Stone.

Take the cuttings of a Vine, and dryе them throughly, when you will make your medicine, burne them, then take the Aſhes that dooth come thereof, and put it into a pinte of Rhenish wine, or white wine, and let it ſtande in it all night, and in the morning drinke thereof: thus vſing the quantitie of the vine to the quantity of the wine Probatum eſt.

To ſtanch blood.

Take the beſt Vineger that you can get, Plantaine Water, of each two poundes: and therein wette diuers Linnen cloathes, and lay them to the ſoales of the feete, the palme of the hande, and againſt the Liuer: and the blood ſhall forthwith ſtanch.

To take away ſpots from the face, and Sun-burning.

Take the iuice of a Lemmon with a little Bay ſalte, waſhe your handes with it, and lette it dry, then waſh them with cowmit water,

water, and you shal finde all spots gone: it is good against scurfe or such like.

Against stuffing of the Lungs.

Take and make a posset of Sacke and Ale, with Aniseedes and Licorice beaten to pouder, and let it seeth with the drink, put in it a good peece of Suger, and Dyego, if you haue any, and drink ther of every morning, and it helpeth.

A water to wash the yard, for one that had the running lately of the Reines.

Take Daisies, Plantaine leaues, and Woodbinde, of each three handfuls, of the best English hony, and a peece of Roche Alom as big as a Walnut, boile all these in a quart of faire water, with a pretty quantity of red Rose water in an earthen pot close couered, so long as you wil seethe an Egge until it be hard, then straine it: and with this water with your syaring, squirt it into the yard, the water being like warme, so that the pipe therof be put an inch or more, and spoute it strongly that the water may come behind the sore place, & so vse it euery day three times for a moneths space.

For sinewes that be shrunke, in manner of an oyntment.

Take twelue yong Swallows out of the nest: take also vnset Time, the leaues and strings of Strawberies, & Lauender Cotten of each a handful, and stamp them together, & the Swallowes, with their feathers guts and all: then stamp them in a morter, and so boile it in May Butter, & then let it be put in an earthen pot, stopped close the space of nine daies, then seeth it againe with some more May butter, and straine it: and when neede is shake it against the fire.

For sore eyes that smart or itch.

Take Lapis Caluminaris, and make it hot in the fire, quench it in a pint of white wine three or foure times: then take the stone and stamp it to fine ponder, and straine the wine with the ponder, and put it in a glasse, and when you haue neede vse it. Remember to shake the glasse till it be thicke, and with a feather droppe two or three drops in your eyes, the party lying on his backe.

Against the Sciatica.

Take foure or fiue great Onions and rost them very soft, then pill & stampe them in a morter, and put therto halfe a pint of Aqua vite,

bite, thrée spoonfuls of Neats-féete Oile, and boile thē together til it war very thick, then straine them, & therewith anoint the greefe, chafing it in before the fire a quarter of an houre euening & morning, then lay a wilde Cats skin thereto: the hary side next your flesh, & within 15 daies you shal haue ease.

An oyntment for aches bruses, lamenes, stitches, gouts, hardnes of the spleene, Ague, Cankers, and for paine in the eare.

Take of Sage and Rue, of each a pound, of Wormewoode and Bay leaues, of each halfe a pounde, of Sheepes Sewet cleane picked from the skin thrée pound, of swéete oyle Olife a pottle, chop the hearbes verie small, and then stampe them as small as may be, then shred the sewet very fine, and put them all together, & then stamp them al together vntill the sewet be not séene: then take it foorth and put it into a faire Panne, and put the Oyle into the panne and couer it close, and so let it stande for the space of ten dayes: then take it foorth and breake it into a brasse panne, and set it on a soft fire, and alwaies stirre it vntill the hearbes bee

 cracking,

cracking, then take it off & strain it through a wide canuasse cloath into a faire earthen pot, and so keepe it. For those vehement aches, when you shal lay of this ointment vpon it, you must take wooll that groweth betweene the Shieps legs, or the longest of the wooll, & card it in broad flakes, and baste it vpon a linnen cloath, and keepe that alwaies to it.

To cause one to pisse.

Take Horse dung of the stable, new may butter and Aqua vite, of each like portions, fry them together & make therof a plaister, and apply it to the Patient, from the Nauel to the fundament, as hot as you may suffer it, & feare not though it cause to make blood issue, for such is the working of the medicine: it causeth the stone to auoide, approued.

A souueraigne medicine for an ache in the shoulder.

Take Figs & Raisins of the Sun, of each a like quantity, & halfe as much Musterbseede, & beate them very imal, grinde them with the best vineger in a paire of Mustard Quarns, that done spread it vpon a Lambs suinne, and lay it to the ache.

To

To staunch blood at the nose.

Take an eggs and breake it, and put out the meat, then receaue so much blood as wil fill the shel, of the party bleeding: that done, set the same in the fire until it be hard, then burne the same to ashes, and it wil staunch the bleeding.

Idem.

Take an Inkle, & bind the person so bleeding about the temples of the head, & knit the knot thereof in the neck, & it stancheth.

For an Ague.

Take three pintes of Ale, an vnce of red Sage, the like quantity of bay leaues, three vnces of fine Suger, with a spoonful of Peper, set the all these together in the Ale until it be sodden to a pint, then strain it through a faire cloath, and drink this before the fit commeth.

To binde to the hands, being parcell of the same medecine.

Take as much greene glasse as wil fill a spoone, beeing beaten to powder, take three spoonfuls of stone Hony, with a handfull of red Sage: mingle these with a head of garlick, putting thereto as many Cobwebs as wil temper the same, being an Egge shell

 full,

full, then take them all together, and vse this a quarter of an houre before the fitte: this must be vsed round about the wzests.

For one that consumeth, to be eaten in the morning.

Take a new laid egge let it be reare rosted, and put thereto a cake of Manus Christi, and let it dissolue in it: and eate the same euening and morning.

For a cold stomacke.

Take a new laid egge being rear rosted, and put thereto a pretty quantity of grosse Pepper: let him eate it next his hart, to dissolue cold humozs.

For the swelling of the heart, and breaking of flegme.

Take a quarter of a pinte of Damaske Rose-water, three spoonfuls of white wine, with a fewe soppes of white bread, a pretty quantity of Butter and Suger, this being boiled vpon a chafingdish of coales, let the party eate thereof three or foure spoonefuls, after meate.

Take a small quantity of Palmste, butter, and Vineger of Roses, boile them in a chafingdish, and put thereto a Rose cake to

beate

heat in it vntill it be throughsoked, and lay it to the stomack, & let the party be rolled.

Against an Ague, the plague, and good to comfort nature.

Take a pint of Malmsie, and a handful of Way weede bruised, and the iuice therof put into Malmsie, & let the party drink therof.

For the winde Collicke.

Take of Sack and Aqua vite, of each a quarter of an ounce, put thereto a paire of Suger, and let the party drink therof.

To scoure the inward parts, and for the rising of the Luhges.

Take a pint of Sack & burnt it, for to delay the heate therof, put therin a penniworth of Treakle, a little Ginger, a Nutmeg grated, Sinamon a good quantity with Suger, and after it is boiled put therto a penniworth of Sallet oyle, and drinke thereof morning and euening: it wil clense the body.

For an Ague.

Take a pritty quantity of Daffadondillies the blades, and bruse them, and seethe them in a pint of Ale or wine, with a spoonefull of Graines bruised: let the party drink therof before his fit come.

For

For one that is deafe.

Take a red Onion and cut out the core being in the midst thereof, putting therein the Oile of rosted Almonds, the Onion being something warme: the next morning when it is cold, let the party greeued cause one to drop three drops thereof in the eare of the party in the morning or euening, stopping his eare with blacke wooll that groweth vnder the Sheeps eare: and let him lie on the same side.

Idem.

Take ground Iuy the iuice therof & white Copperis being burnt, and lay the same in the iuice of the Iuy till it be dissolued, & so vse three drops morning and euening.

For the bloody Flixe.

Take Iurden Almonds and blanch them and let them boile in English hony till they be blacke, and so eate them with a little of the best English hony.

Amber Beades beaten to ponder and put into a hafingdish of coles, the party greued must sitte ouer them as he would ease himselfe.

An excellent medicine for the greene sickness.

Take

Take a gallon of morning milke after it be setled creame and all, take also a breast of the youngest Veale, & the fattest you can get, and wash it faire, & dry it with a cloth, so that no water remaine, bruse the same bones and all, and put it into the milk, take twelue Dates or moe and cut them in the midst, and take also a quarter of an ounce of whole Mace, and halfe a pound of Currans, two handfuls of Mints, a handful of wild Time, and put all these into the milk with the Veale, and let the liquor seethe until it be halfe consumed in seething, & when it is wel sodden it wil be as a Jelly: when it is cold the Patient may either drinke it being warme, as a broath, or may be eaten as Jelly beeing cold. If the Patients stomack wil beare it, make a toste of wheaten bread, and soake it in Malmsie, and strew vpon it the pouder of Mints, the party must vse this fiue or sixe weeks, or as long as you thinke good beeing towards Spring time, with some exercise.

To prouoke Vrine speedily.

Take wood Betony both rootes & leaues, wash them, and put them to dry in a Siue in an Ouen where browne bread hath been

newly

newly drawne, vse halfe a spoonfull of this powder in white wine posset drink, potage, or in your drink.

For heate in the Liuer.

Take a quart of strawberies, wild Mansie, three pints of new milk, still all these together, & drink it in the morning next your hart, and wash your face there-with.

To preserue nature, to eate a [illegible] mornings.

The yolk of an Egge with Manus Christi.

To make a Clister.

Take a fat Sheepes head, or a Capon, a handfull of Beets, a handfull of Mallowes, a handfull of Violets, & if the patient be hote, take three spoonfuls of oile of Roses, if cold: take the like quantity of oyle of Violets; boile all these together vntill it come to a pint, then straine it, & let the patient drink.

For one that is weake, and to comfort the stomacke.

Take a pint of Sacke and burne it with a top or two of dried Hisope and Rosmary, take three Wates beaten vp a morter to pap and let it burne with the wine: also with a new

new laide Egge beaten, a spoonefull of Damask Rose-water, and a spoonfull of Sallet oyle, drinke this in a morning first, and at night last.

Malmesie burnt with a halfe peniworth of Saffron, beeing dried to pouder, with sallet oile and Treakle, of each a halfe pennyworth: vse it morning and euening.

Idem.

Nettle sædes dried and beaten to pouder, and drunk with Malmsie euery morning.

To restore nature, and helpeth a weake backe.

Take a quart of Sack, a top of Rosemary, Winter Succory, Penirial, of each a like: as much Ginger and Nutmeggs as wil burne the wine. Then take a new laid Egge or two, yolks & all, and beate it with thrœ spoonefuls of red Rose-water, and put therto a peece of Suger, then take the burnt Sacke, and burne it with the Egge a good while, and put in it a Mace, and it wil be in manner of a Cawdle, vse to drinke of this warme thrœ times a day, morning, after dinner, and when you got to bed, put therein some Sallet oyle.

To stay running of the reines.

Take a pint of milk, and a good quantity of Oatmeale, being wel bruſed, and ſeeth it with the milke, and put therein a good peece of Suger, and eate the milke thereof being ſtrained.

A precious oyntment or oyle, for ſwelling or aking in feete, legges, or in knees, taken with cold being excellent to heale a wound or old bruſe, and ſhrinking of the ſinewes, alſo it is very good for all ſores, or aches, whatſoeuer.

Take a gallon or a pottle of the beſt ſallet Oile, then take Sage, Lauender, Sothernwood, Wormwood, a quantity of Camomel, after the quantity of the oyle, & cut the herbs ſmal, then put them in the oyle in a faire baſon of Laten or other mettal, and ſtirre it wel together: and put in ſo many hearbs that it may be thick ſtanding, and ſo let them ſtand a vot a moneth full, thē make a faire fire of coales, and putting to a quantity of the ſame oyle, ſet it on the fire in the ſame baſon: and let it boile three houres or more: Then take it from the fire and let it fry, and when it is milke warme, or ſome-

what hotter, then take a bag of great Canuas, & with a staffe strain out all the matter as cleane as you may, and then put it in a glasse or other faire thing, and keepe it wel closed, & it will continue in his vertue twenty yeeres after. Probatum est.

For stewed Mutton.

Put your Mutton into a Pot with faire water, & let it seeth and seum it faire the put in salt, make not to much broath, then take Hissop, Time, and Parsly, and chop them small, and put them into the pot with a litle Pepper: and serue it out with sops, & if it be in Winter put in some Carret rootes.

To dresse a Hare or Conny in broath with a pudding in their bellies.

Your Hare or Conny being fleaed, and the eares left on, let it be washed in two waters, hauing before prepared in a readines, grated bread, Currans, sweet Mutton sewet or beefe sewet finely minsed with pleasant and wholsome hearbs, as Winter sauery & Penirial, with sweet Margerum, these also very finely chopped and seasoned with Pepper and Salt, Cloues and Mace, the yolks of three Egs, with sweet Creame

and Sugar, with two or three Yolkes, all these mingled together, put into the belly of the Hare or Conny, and so sow it vp. Then take Mutton broath of the best and fattest, put it into a Kettle, where your Hare may lie compasse, or Conny long waies: after it hath boiled a little put it in, and put thereto Grapes or Gooseberries, sweet Butter, salt, Mercinice, Currance, grated bread and Sugar, and when it is boyled serue it forth with sops.

Mutton.

Put your Mutton in a pot with faire water, & let it be wel-scummed, then take some tostes of bread and toste them browne, and then cast them into colde water, but take them vp againe quickly: and let them lye and dry a while, then straine them with wine and vineger, and so put it into the pot and let it boile: Put in some pepper, whole Cloues and Sinamon, and let all this be wel stewed, but forget not Salt: Serue it out vpon sops, and boile some Onions in it cut into peeces. And likewise this wil serue for Venison, Wallards, and Teales.

To

To boile Chickins with Endiue and Succory, or Lettice, or any other cold hearbes.

Prepare a loine or a rack of good Mutton with a marrow bone or two, & being chopped, put it in a pipkin with faire water ouer the fire, & let them seeth a pretty while together, then take halfe of it out of the pipkin, & straine it with a strainer, then put in your chickins afterwards, hauing prepared your cold hearbs cleane washed put them in. Also hauing steeped your white bread ready to straine through a strainer, let your broth be ther with thickned. So take Pepper, Salt, Verjuice, & Suger, and season your breath: then vpon Soppes serue it forth with the marrow vpon it.

For small Lampernes.

Let your Lampernes be cutte in small peeces, then take a frying panne with Butter and Onyons minced, and so frie them together. And when they bee well fryed, put them in a potte, then take two tostes of browne breade, and tosse them well, then straine them with a quantity of Vineger, Wine, and Water: and put thereto a little Pepper, and Cloues and Maces, and boile

all this together with your Lamperns, vpon the coales, and so serue them out with sops.

To poach Eggs in broath.

Take Veriuice and faire water, & a dish of new Yolk: and put therin Cloues, Mace, Currance, Suger, sweet Butter, a handful of Spinage, & let them boile a good while: then hauing poched your Egs in faire water that is stetting, then lay your Egges in broath, and serue them forth with hearbes laied ouer them.

To bake Breame, Trout, Mullet, Pike, or any fish.

Let them be wel seasoned with Cloues and Mace, salt and Pepper, & so bake them with small Currance, Veriuice, and butter, great Raisins and Prunes.

For sops on the fish daies.

Take some Onions and fry them with Butter a while: then take water, Pepper, and Salt, & put all together into a pot with the Butter and Onions, & let them simper vpon the fire. And so serue them out vpon sops, and cast a few smal Raysins vpon the sops, and put the broath vpon them.

For

For Spinage.

Take Spinage & wash it wel, then lay it vpon a boorde, and giue it fiue or sixe chopps with a knife, then put it into a frying pan with a little faire water and seeth it well, then take butter, vergis and salt, and put it to the Spinage, and so boile it together in a pot or betweene two platters, and so serue them out with sops.

Sodde Egges.

Seeth your Egs almost harde, then peele them and cut them in quarters, then take a little butter in a frying pan, and melt it a little brownde, then put to it in the pan a little vineger, mustard, pepper and salte, and then put it into a platter vpon your egges.

For Oxe tongues boyled.

When your Oxe tungs be boiled take the and pul them, the cut them ouer thwart in smal peces, then fry them with butter, and put them in a pot with tostes strained with wine vineger & water & let them boile: put therto salt, onions quartered, pepper, smamb and whole cloues, & so serue the with sops.

Spinage.

Take Spinage and perboile it well, then wring the liquour cleane from it, then

chop it very small, and put it into a platter and breake some Egges into it: then take a handfull of grated breade and put into it, and Suger, with a little salte, and beat all these together, but let it not be too thick nor too thinne, but better thicke then thinne: then take a frying pan with some Butter, and when the butter is a little more then melted, take a spoone and lay your Spinage in the frying pan euery spoonfull by it selfe, and so fry it as you would fry Fritters, and put it in a dish and cast suger on it.

For Egges.

Take some Egges and beate them well with a little faire water and salt, then take a frying pan and melt your butter, and then put in your eggs, then take a knife and lift vp the egges, that the rawe may goe all to the bottome of the pan, then turne it vppe with your knife on euery side that it may be square, then lay a dish vpon the pan and turne the pan vpside downe vpon the dishe, and so serue in your Egges with Vergis or vineger, which you will.

A drench to plume vp a Horse, and to expell colde, to cleare him of the glaunders, and to open the pipes.

Take

Take grounde Willis alias Grounsell, Enula Campana of eath a handfull, stampe them and straine them in all, sæthe them altogether: then take of Fenicreke, of turmericke, Anniseedes, of Cumminseeds, of Garlicke, of long Pepper, of Licorice, of graines, and if he have the bots or wormes giue him Sauin. Giue him this drink luke warme a quart at a time, then ride him till he be hote, thē bring him into the stable and litter him well, and corrie him till hee be thorow colde, then let him stand after vpon the bitte, and turne him to grasse.

To a Horse that hath eaten a Feather, giue a branch or two of Sauin dry.

A drench for a cough.

A quart of Vineger, Fenicreke a penniworth, Turmericke i.d. Enula Campana i.d. long Pepper i.d. barberies, i.d. liquorice ij.d. foure Egges, Anniseedes, lay the Egs in vine all night, and after in these drugs beaten, and so giue it the beast.

To make a good powder to giue a Horse in his prouender, or to giue him to drinke for his cough, and other diseases.

Take of Licorice i.d. cutte it in peeces, and beate it into powder, then take An-

niseeds i.d. of graines i.d. of Turmerick i.d. of Fenecreke i.d. one Nutmeg, halfe a pint of oyle Oliffe, and a quart of Milke.

To cause a horse to haue a good hoofe.

Take Cowe dung or Oxe dung, & let it be mingled with strong vineger, & in the euening apply it being made very hot vpon his sæte, and wrap vpon the hoofe a pæce of leather or some old rags to kæp in the heat, and within two dressings it shall bee remedied.

For a horse that is stunge with an Adder or Snake, a present remedy.

Take thræ handfuls of Sanicle (it is a weede commonly knowne) and stampe it, and put it in newe milke, and with a horne drinch him. Or take hony and salte, and ii. Onions, then stamp them and apply it to the sore place, and drinch him with this cõposition as followeth: Wine a quarte, and put into it white pepper, Hearb-grace, and Time, with a little Triacle.

And if hee be prickt with a nayle, thys is a sure remedie, search well to finde out the nayle, his hoofe bæing cleane pared, specially the corrupted place or hole where the nayle had festred, then taxe Rosin and

Waxe

ware to fill the same place, & with an hote yron let some pitch be melted upon it, & lay thereupon some cotten, then being wel shod againe you may trauel him at your pleasure. If your horse by hap drink a horseleech he is in great danger: for by their sucking they will kil him, but presently take sweet oyle & poure into his mouth ỹ quantity of a quarter of a pint, & it will destroy them quickly.

If your horse swallow dotone hens dung in his hay, it will so fret his guts, that he will voyde at his fundament verie soule excrements, which being perceiued make him a drench with Parsly seede, Smallage seede, Honey and Wine, and walke him at least after it two houres.

If your horse haue the Wolues, gide him euery morning two handfulls of Egrimonie without any other meate in his racke, till fiue howres after, and within foure or fiue dayes it shall destroy them.

If your horse bee soule about the eares, necke or taile, or any other part of his body, take a pound of the best sope you can get, and halfe a pounde of quicksiluer mortified with Aqua vitæ, and with thys oyntment you shall destroy them.

If he cannot pisse, giue him a quarte of Chalke water some-what warme, if broken winded, take Longwoorte dryed, or Dwarfe Gentian, and mingle it with his water that he drinketh till he mend.

If hee be scabbie, let him be let bloode, and after; and with this oyntment let him be annointed where the scabbs are. Take soote of the chimney, soft Sope, the iuyce of Hemlocks and Vineger, Quicksiluer, liquid pitch and Hony, and mingle them till they come to bee an Oyntment. Kill the Mercurie with fasting spittle.

If his back be galled, take the powder of two olde shoes being burnt, with a pretty quantity of Butter molten, and poure it vpon your horse backe very hote, after that put the powder theron. This is approued.

An excellent medicine for a sore horse back, if he be neuer so sore bruised, if there be a Fistula it healeth it, or any dead flesh.

Take a quantitie of Allome and burne it, and also take a handfull or more of Barlie and burne it, and take the powder therof and mire it with the roche Allome, being both mingled together: poure it vppon the sore

sore morning and euening, but if the sore bee corrupt and full of deade flesh, then vse more of the roche Allome, then of the powder of Barlye: and when it beginneth to heale, vse them both together, but more of the Barly then of the Allom: this is a most excellent remedy. If you haue no Allome presently, let him take a good quantitie of Butter and Vergis, and put it vpon the fire and make it very hote, and so poure it vpon the sore morning and euening, laying a little Hay and a cloath, binde it close al night. If the horse be pinched & swolne, then keepe it warme and dip a padde of Hay in water, and lay it vppon it, and keepe the saddle or somewhat else vpon it all night, and it will delay the swelling. Proued.

A present remedy for the Cow-flixe.

Take a pottle or gallon of faire water, and put therein so manie Hedge sloes as will suffice to be steeped in the said water, and sette it ouer the fire to seeth, and therewith mingle the powder of Chalke egges: which you may haue at the Kæle, because it is the best and finest in medicine: & giue it your Cattell.

For faint Cattell as well Cowe, Oxe, Bull, or Steere.

Onely Vergis is the remedy giuen them to drinke, and presently turned to good pasture.

Or els thus: take for euery one a pinte of Vergis, and put thereto a little handfull of Baye salte, and therewith rubbe theyr tongues, and afterwardes let them drinke the rest, as we haue before declared.

Sometimes also by euill feeding or bruising, their teeth are so loose that they feede not, which you shall remedie thus. Take the taile of the Beast thus diseased, and with your hand seele for soft places, which beeing founde, slitte it along and binde it vp againe with soote and garlick mingled together, and it helpeth presently.

But the most perfectest Medicine that may be giuen, is to haue this speciall care, that they want no water.

An excellent drench to bee giuen to Cattell, eyther at the Spring time, or fall of the leafe.

Take hard soote that commonly is vpon the poaste of a house, or roofe where the smoake hath his issue, which beeing beaten into

into powder with Baye salte, sethe the same in running water and give it them to drinke, rancke Iuie with the soote and salt, and when the Iuie is softe, wringe out the iuyce, and straine it through a strainer, and let your cattell drink thereof blood warme. Often proued.

If they be hidebound, take the leaues of Flowre deluce, straine them and let them drinke the iuyce thereof. It is approued.

If they be swolne of the taint, give them to drinke presently mans Wine mingled with salt and Treacle. Approued.

If your cattell viz. Horses, milch Kine, or Oxen happen to bee bruised or wounded by any misfortune, presently give them to drinke the iuyce of Sanicle, and also apply the hearbe to the outward parte where the greefe may happen. Comphry is of the same vertue: especially for a fall, squat or bruse.

Snailes stamped with sowre leauen and Comphrey, and apply it to any parte of the beast that is pricked with a thorne, it will draw it forth soone.

For Cattell that are sicke or hurt.

The bloode of a Gray mixed with Salt, and instilled into the hornes of beasts is approued

proued, for to preserue thē from ỹ Murren.

If you suspect them to bee infected, apply to their nosthyrilles the hearbe Penitroyall somewhat bruised.

Or cut the beast in some parte, and put into the wound powder of black Yelebore, which is of this singuler vertue to drawe vnto it any poysoned humor and it yeldeth present remedy.

A soueraine drinke for all manner of Cattell that you suspect to be Lungsick.

Take the hearbe that is called Cowslip or Lungwoort, it groweth vnder euerie hedge, and stampe it, and put thereto Fenegræke and mader with good Ale, and with a horne or pretty Tunnell drench eyther your Horse, Oxe, Cowe or Swine, and it shall yeeld present remedie if there be anie disease in the Lunges.

Dwarfe Gentian of some called Mocke Culloker, small chopt and giuen to Swine and all other Cattell: it preserueth them wonderfully from the Murren, and all such contagious diseases, as happen to Cattell in corrupt times.

The bitter Uetch is most profitable to be giuen to oxen or other kine, that you are

desi-

desirous to haue soone fatted.

The water which standeth in the hollowes of Beeches, doth perfectly cure the naughty scurfe and wilde Tetters, or scabs of men, horses, kine, and sheepe, if they be washed therewithall.

The leaues of blacke Elder are very good Fodder and feading for kine, and causeth them to yeld store of milke.

Prickstimber or Spindletree is hurtfull for all Cattell, especially Goates, for it killeth them if they purge not presently vpwards and downwards.

Hogs & Swine are very quick of hearing, and are giuen much to sleepe, and will eate their owne pigs, and feede vpon vile carrions which causeth in them many diseases, as botch, bile, and sore throate. But the best remedy that I knowe is to let them blood vnder the tongue, and to giue them Madder with Pances, called hearb Trinitie, sod in Whay, and it shall heale them presently.

Most precious and approoued drenches for all cattell, but specially kine and oxen.

Take two handfulles of Lungwort of both kindes, of Rewe, of the inner rind of elder, these being smal chopt, let it be put in a gallon

a gallon of good Ale, which being sette ouer the fire in a skillet, let it seeth till a quart be consumed, then stirring it, put thereto of long pepper, of graines, of liquorice, of Aniseedes, of Cominseede, of turmericke, of each an vnce: of madder a quarter of a pounde, and while these seeth, take me a great boule dish, and put therein a handfull of Bay salt, halfe a handfull of Garlicke, three or foure newe laid egges shelles and all: two balls of Dyament, grind all these things with a pestell in the boule, then take the liquor aforesaid frō the fire till it be halfe colde, and put the warme liquor into the boule, with the Garlicke, salte, egges, and Dyament, drawe them together well, and let beastes drinke of this blood warme.

Oftentimes by many occasions, Oxen wil pisse blood, which may be holpen thus: take two vnces of brown seeds, two vnces of pepper, three ounces of red Phasioli made all in pouder, and mingle it with a potle of white wine, and when you giue it them, stir it wel together, & drench thē twice or thrice a day.

Another excellent drench.

Take Bay berries a handfull, of Cominseedes two ounces, a handfull of Madder, a

boule

boule of orlament, of Fenegrēke, Turmericke and Treacle, of each an vnce, of Anisædes & graines, of each two ounces, these beeing well pouned, put them into a gallon of good Ale, and sette them ouer the fire till they be blood warme, and suffer not your beastes to drinke till noone in the sommer, and in the winter not till night.

The vertue of Angelica, or Healeall.

If any person be sodenly infected with the pestilence, feuer, or immoderate sweat, let him take this roote in powder the weight of a groat, and put thereto a dram of Treacle, & then compound them with foure spoonfuls of the water of the saide roote, & then after he hath drunk let him lie & sweat fasting for the space of four houres. It is approued.

The roote steeped in Vineger and smelt vnto: and the same Vineger sometimes drunk fasting, is an excellent preseruatiue.

The roote and water thereof is excellent against all inwarde diseases, it scoureth the gatherings of a pluriste when it beginneth: It helpeth corrupted Lunges, good against the Collick, strangurie, and prouoketh tearmes, menstruall in women, helpeth

peth inflamations and swellings. The iuice of the rote allmageth the paine of the teeth beeing put into it, and worketh excellently against the paine in the eyes, the iuyce of the rote dropped into the eye, quickneth the sight, and purgeth it from all filth & the water, or pouder, of leafe or rote, hath an excellent vertue for healing of rotten Vlcers, and cankrous sores, so that it cleanseth them and couereth the bone with good flesh.

The hearbe Cardus benedictus, or blessed Thistle, is most excellent against the head ache, beeing eaten or drunke it is good against the giddines of the heade, and comforteth the memory, and restoreth hearing: the leafe, iuyce, seeds and water, healeth al kinde of poyson: for the water hath healed a woman whose breaste was eaten with a canker in the very ribs.

Balme sodden in white wine, and drunk three or foure mornings together, purgeth the breast, helpeth the short winded, comforteth the heart, driueth away dumpishe heauines, helpeth the falling sickne, and all other diseases. If you wil distil Balme, chop the hearbe small and steepe it in white Wine a night: it is of soueraine vertue,

for

for it deliuereth women from their panges and greefe of the mother: also it cureth the paines of the hart, it restoreth the memory, and causeth sweet and pleasant sleepe.

Betony hath the like vertues, it is of soueraine vertue to breake winde, and comforteth a weake stomacke, either the hearb or flowre boiled, or the water distilled, the dry hearbe in powder woorketh all the effects, and then alone or with Hony, women that are troubled with the mother, let them vse it: to be short, the leafe, flowre, or roote of Betony sodden or drunk in conserue, Electuary, Syrop, potion or powder, is singuler for all diseases of the stomack, Liuer, Splæne, Kidnees, or bladder. It fretteth the Matrix from obstruction, and draweth from thence all hurtfull moistures, for consumption of the Lunges, Coughes, Dropsies, continual Feauers comming from the stomacke: boile the leaues and flowers of Betony in honyed water, and you shal haue present remedy.

To dry and heale vp all sores.

Take of common Sallet oyle a pounde, of Ceruce foure ounces, of Litarge three ounces,

ounces, Mierhe halfe an ounce, make these like a sere cloth which is made of Waxe.

Approued against the plague.

Take Aqua vitæ thrée vnces, Rose water an ounce and a halfe, wherein lay in steepe thrée dragmes of Sinamon, yellow Saunders one dragme: straine it through an haren strainer, and sweeten it with conserue of Roses, then take an ounce thereof euerie morning, either in a spoone, or vpon a toste of bread.

FINIS.

BRITISH MUSEUM 15 JUL 1904